

**MENTAL
HEALTH**
Week

3 Days Healthy Habits *Bingo* Challenge



D1
D2
D3

Eat meals without
being in front of the
laptop



D1
D2
D3

Have at least 7 hours
of sleep



D1
D2
D3

Eat balanced meal



D1
D2
D3

Drink plenty of water



D1
D2
D3

Mentally make a recap
of your day before
going to sleep



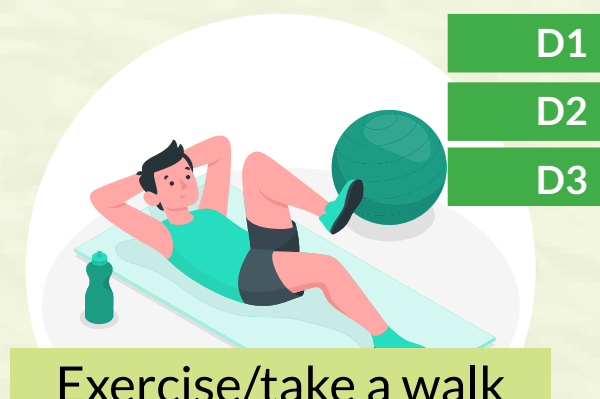
D1
D2
D3

Listen to 30 minutes of
music uninterrupted



D1
D2
D3

Cook something



D1
D2
D3

Exercise/take a walk
around (indoors) for at
least 15 minutes



D1
D2
D3

Call or text to check up
on at least 3 people



D1
D2
D3

Say thank you to
everyone you supports
you during the day



D1
D2
D3

Don't complain about
anything for the entire day



D1
D2
D3

List down 5 things that
you are thankful for



D1
D2
D3

Reach out to your
close one to talk about
how you are feeling



D1
D2
D3

Declutter your space/
clean your workspace



D1
D2
D3

Take a selfie with
a big smile



D1
D2
D3

Be still and do nothing
for 15 minutes
uninterrupted



D1
D2
D3

Read up on at least
2 positive news



D1
D2
D3

Treat yourself with your
favourite hobby/food/
beverage/read/song



D1
D2
D3

Take a bath and brush
your teeth



D1
D2
D3

No electronic screen
for 2 hours before bed